



37th Summer Poppyline—22nd July 2023

Many thanks to all those who took part in the Summer Poppyline this year, we hope that you had a lovely day out on the Norfolk coast and enjoyed reaching the summit of Beeston Bump. Very many thanks as well of course to all of those who took part in the organisation and marshalling of the event. Our next event is the Flower of Suffolk which will take place from Walberswick Village Hall on Sunday 1st October 2023 with a choice of distances of 18 or 26 miles, we hope to see you there.

26 miles

Alan Bushell	4 25	Isla Rush	5 58	Helen Lambert	7 17	Tim Rollett	8 11
Ellie Gaskins	4 29	David Oxley	6 07	Sally Hewitt	7 19	David Moles	8 22
Melvyn Porter	4 30	Ellie Hedges	6 13	Mick Entwistle	7 20	Karen Beswick	8 30
Paul Rogers	4 30	Nicola Rumsby	6 13	Stuart Frost	7 21	Heather Chittock	8 30
Colin Stark	4 31	Brian Layton	6 14	Jeremy Benton	7 21	Mira Nair	8 32
Joserra Velasco	4 36	Steve Nicholls	6 21	Pawan Nandrajog	7 24	Carol Goodwin	8 49
Neil Carter	4 40	Cathy Tooley	6 21	Clare Hill	7 30	Sophie Goodwin	8 49
Chris Kerry	4 40	Ian Tooley	6 21	Amelie Kirchgaessner	7 30	Stuart Ashley	9 00
Alan Hart	4 42	Janet Smith	6 21	Russ Ladkin	7 30		
Chris Seymour	4 42	David Lobley	6 24	Susan Bond	7 32		
Shaun Kemp	4 53	Julie Lobley	6 24	Graham King	7 32		
Karl Simms	5 01	Justin Potter	6 38	Christina Stone	7 32		
Stuart Whitford	5 03	Harry Smith	6 38	Amelia Tayt	7 33		
Tracy Avill	5 08	Rod Tredgett	6 38	Debbie Williment	7 33		
Lin Bolton	5 20	Duncan Woolsmith	6 39	Nicholas Eaton	7 40		
Kelly Mitchell	5 20	Brian Grealy	6 43	Mike Newbitt	7 40		
Karl Harper	5 23	Heather McDonald-Hamilton	6 43	Phil Catchpole	7 41		
Derek Sadler	5 34	Rachel Smith	6 43	Liz Hobday	7 43		
Kevin Howlett	5 35	Nick Payne	6 47	James Royce	7 44		
Stephen Dunnett	5 38	Amy Tooth Murphy	6 50	Jillian Davis	7 47		
Paul Henderson	5 40	Gordon Aspin	6 56	Anna Flack	7 47		
Gary McDonald	5 43	Damian Harris-Dowsett	6 56	Tom Kershaw	7 47		
Dave Edwards	5 45	Adele Bushell	6 59	Richard Malin	7 47		
Logan Price	5 50	Jackie Bye	6 59	Elizabeth Rayner	7 49		
Chris Gibbons	5 54	Alice Bacon	7 09	Roy Barnes	7 59		
Rachael Matthews	5 58	Steve Brown	7 09	William Barr	8 05		
Tom Roper	5 58	Tracy Darce	7 09	Alzbeta Benn	8 10		
		Adrian Johnson	7 16	Dominique Cranstoun	8 11		
		Melanie Spencer	7 16	Emma Kerr	8 11		

18 mile results are on the next page.

18 Miles

Martyn Benstead	3 48
Mark Lammiman	3 48
Nicky Phillips	4 20
Rick Boyfield	4 22
Shay Boyfield	4 22
Sarah Colman-Mapes	4 22
Lucie Morran	4 41
Julia Baldwin	4 43
Mary Narey	4 43
Goff Hill	4 47
Suzie Sole	4 47
Mandy Cox	4 48
Helen Harrison	4 48
Susan Ilsley	4 48
Mariana Illingworth	5 28
Rebecca Illingworth	5 28
Steven Illingworth	5 28
Elaine Buttle	5 29
John Seeley	5 34
Janet Bensley	5 39
Stephen Bensley	5 39
Hal Davies	5 53
Philip Davies	5 53
Susan Bennett	6 11
Vicky Jepson	6 11
Clive Manwaring	6 11
Nicola Dawkins	6 23
Clare Hicks	6 27
Sarah Letzer	6 27
Kate Dunnett	6 40
Paul Burgess	6 42
Carol White	6 42
Sarah Hollingham	6 47
Anna Sharpin	6 47
Steve Clark	6 57
Tarunya Vishwanath	6 57